

COMING SOON!

Wednesday Nights
At Hillsborough Middle School

A **FREE 7 week program for
10–14 year olds and their
parents/caregivers**

October 3rd–November 28th, 2018

Session runs from 6:30PM–8:30PM

PRE-REGISTRATION IS REQUIRED

- **FREE ("Light") DINNER**
- **BABYSITTING**



How do we spell F.U.N. in Hillsborough?

Family Unity Night

For more information or to pre-register for the program contact:

Minda Maggio
District Life Skills Coordinator
mmaggio@htps.us
(908) 431-6600 ext. 2809

TOPICS WILL INCLUDE:

- **COMMUNICATION SKILLS**
- **STRESS MANAGEMENT**
 - **SELF-ESTEEM**
 - **FAMILY FUN**
- **PROBLEM SOLVING**



"I heartily endorse this program! I learned so much from other parents and I realized that I am not alone. Many parents are dealing with the same issues that we are."

Dad of a 12 year old



"Communication is so important and the sessions provided methods to improve how I communicate with my kids"

Mom of a 10 and a 13 year old

Hillsborough/Millstone Municipal Alliance

